



Ramblers Group Walks

Information for walkers

It's great you're planning to head out on a Ramblers group walk! Here are a few tips to prepare and make it an enjoyable walk for all.

1. Find a walk

- **Check the walk listings** and find a walk that's suitable for you. If you have any questions, contact the walk leader or named contact.
- **Book onto the walk in advance, if required.** Some walks have limited spaces so please follow the instructions in the walk listing if it asks you to book your place.
- **Let the walk leader know** if you have booked and need to cancel. Another walker may want to take your place.

2. Get ready for the walk

- **Wear suitable clothing and footwear for the conditions** – if in doubt, ask the walk leader.
- **Bring food and water**, depending on the length of the walk.

3. Enjoy the walk

- **Listen to the walk leader's welcome briefing** about what to expect on the walk.
- **The walk leader may take a register**, please give your details if asked.
- **If you feel unwell, or need to slow down or stop**, let the walk leader or backmarker know.
- **Walk responsibly and, most of all, enjoy it!** Be considerate to fellow walkers and path users. Respect other people's space and have a great time.

Always follow the [Countryside Code](#) or [Scottish Outdoor Access Code](#).